

**Basic Report 15157, Mollusks, clam, mixed species, raw**

Report Date:January 15, 2015 20:29 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 large 20g	1 lb (with shell), yield after shell removed 68g	1 medium 14.5g	1 small 9g	1 cup (with liquid and clams) 227g
<b>Proximates</b>								
Water	g	78.98	67.13	15.80	53.71	11.45	7.11	179.28
Energy	kcal	86	73	17	58	12	8	195
Protein	g	14.67	12.47	2.93	9.98	2.13	1.32	33.30
Total lipid (fat)	g	0.96	0.82	0.19	0.65	0.14	0.09	2.18
Carbohydrate, by difference	g	3.57	3.03	0.71	2.43	0.52	0.32	8.10
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>Minerals</b>								
Calcium, Ca	mg	39	33	8	27	6	4	89
Iron, Fe	mg	1.62	1.38	0.32	1.10	0.23	0.15	3.68
Magnesium, Mg	mg	19	16	4	13	3	2	43
Phosphorus, P	mg	198	168	40	135	29	18	449
Potassium, K	mg	46	39	9	31	7	4	104
Sodium, Na <sup>a</sup>	mg	601	511	120	409	87	54	1364
Zinc, Zn	mg	0.51	0.43	0.10	0.35	0.07	0.05	1.16
<b>Vitamins</b>								
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.015	0.013	0.003	0.010	0.002	0.001	0.034
Riboflavin	mg	0.040	0.034	0.008	0.027	0.006	0.004	0.091
Niacin	mg	0.350	0.298	0.070	0.238	0.051	0.032	0.794
Vitamin B-6	mg	0.010	0.008	0.002	0.007	0.001	0.001	0.023
Folate, DFE	μg	5	4	1	3	1	0	11
Vitamin B-12	μg	11.28	9.59	2.26	7.67	1.64	1.02	25.61
Vitamin A, RAE	μg	90	76	18	61	13	8	204
Vitamin A, IU	IU	300	255	60	204	44	27	681
Vitamin E (alpha-tocopherol)	mg	0.68	0.58	0.14	0.46	0.10	0.06	1.54

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	1	1	0	1	0	0	2
Vitamin K (phylloquinone)	µg	0.2	0.2	0.0	0.1	0.0	0.0	0.5
<b>Lipids</b>								
Fatty acids, total saturated	g	0.187	0.159	0.037	0.127	0.027	0.017	0.424
Fatty acids, total monounsaturated	g	0.120	0.102	0.024	0.082	0.017	0.011	0.272
Fatty acids, total polyunsaturated	g	0.192	0.163	0.038	0.131	0.028	0.017	0.436
Cholesterol	mg	30	26	6	20	4	3	68
<b>Other</b>								
Caffeine	mg	0	0	0	0	0	0	0

**Footnotes**

<sup>a</sup> Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 56 mg sodium/100g.